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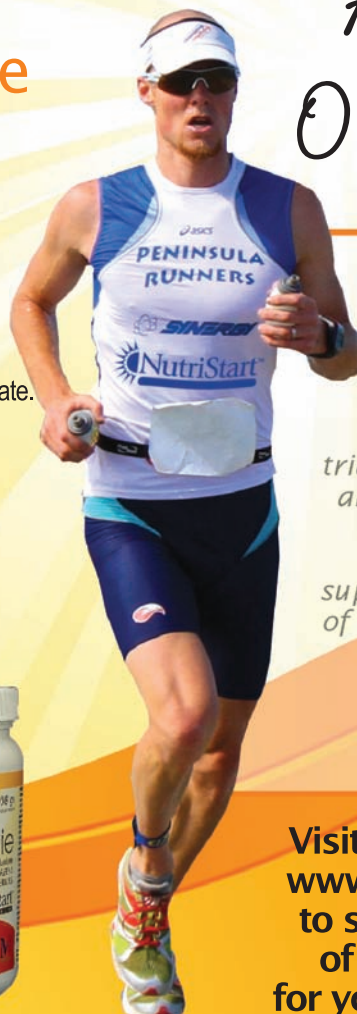
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Voice of the Natural Products Industry



Love your natural health

Win back your freedom to choose

It is not the function of our government to keep the citizen from falling into error; it is the function of the citizen to keep the government from falling into error.

– Robert H. Jackson,

chief United States prosecutor Nuremberg Trials

This special edition is dedicated to alerting readers to the necessity of protecting access to natural health products and keeping our governments accountable.

While writing this introduction, a news headline read, “Three dead after misread scans.” The four radiologists implicated in the hundreds of “discrepancies” causing harm and death went unnamed while the provincial health minister apologized and promised to do better... but people died. The same day, our government kicked off a \$25 million anti-smoking campaign. But wait a minute; it’s using the money to buy prescription smoking-cessation drugs, patches and nicotine gum. Weird.

I Googled the word “nicotine” and discovered tobacco corporations have bought nicotine gum and patch companies. The government is taking our money and giving it to the very corporations that caused the nicotine addiction – like the Wall Street bailouts, where the

people who caused the economic collapse got bailouts and bonuses while average people lost their homes. Some politicians may even believe they are helping, but here’s the catch. *Nicotine Addiction 101* at WhyQuit.com states, “Administration of a drug to an addict will cause re-establishment of chemical dependence upon the addictive substance.”

So why give smokers more nicotine? Follow the money. Your money goes to the corporations. Reciprocally, those corporations give money back to the government. Yet in the overall balance of payments, the corporatists win on the deal. People stay nicotine addicted, get sick and die.

Our government has approved products that cause death and cost taxpayers billions of dollars in medical expenses. While that is another part of the puzzle, the money still goes to the medical establishment’s supplier. And the coughing smokers get X-rayed by the radiologists... oops.

It gets weirder. In a strategic move, the pharmaceutical companies established a partnership with the World Health Organization, ostensibly to heroically save the world from the demon tobacco. By enlisting WHO, the corporations’ worldwide sales for smoking-cessation drugs are smokin’. Did WHO encourage our govern-



Big Pharma is making the top-dollar profits, and it wants to keep it that way; it does not like any competition that challenges its domination. This is the collision course occurring between Big Pharma and natural health products and it’s a war.

ment to buy nicotine-laced drugs?

Thousands of smokers cycle between competing forms of nicotine, turning to a patch, gum or pill for a month, as a result of a New Year’s resolution only to relapse to a cigarette product. It’s a symbiotic relationship between the tobacco industry and the drug companies where everybody makes money.

Every corporate body wants to make money. Big Pharma is making the top-dollar *continued p.30...*



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Cervical cancer-screening a minefield

Does one dare 'smear' the annual Pap smear?

Of all the medical screening programs offered to the population nowadays, which are the most valuable in terms of potentially saving a person's life? Asked that question recently, I immediately answered "the Pap smear." It's a test that examines cells removed from a woman's cervix for any signs of abnormality, a potential precursor to cervical cancer. While relatively easy to administer, many women find it rather invasive and unpleasant, even as it accomplishes what a good screening test should: it finds abnormalities in a relatively safe and efficient way before they develop into real health problems.

In the past, experts recommended women have a yearly Pap smear from the time of their "sexual debut" until old age, but how often do women really need it? This is a subject of some debate and Pap screening recommendations in Canada are all over the map. Health systems in Newfoundland and Alberta recommend screening every year; other provinces recommend longer periods – every two or three years. The Canadian Society of Obstetricians and Gynecologists recommend screening every three years after a woman has had two normal tests.

Changing recommendations around screening is always controversial, but I think it's a good thing. After all, it may be due to the fact people increasingly recognize technology bites back and "good for one, good for all" thinking is problematic. The idea of selective screening for people at 'high risk' and not screening low risk people who stand little chance of benefiting is now gaining a foothold in the medical marketplace. In our modern, over-diagnosed world, administering medical procedures, drugs and tests wisely is all about constantly thinking about how not to overuse, underuse or misuse them.

One fact is unavoidable: not all women are at equal risk for cervical cancer. In Canada, older women (aged 40-59), immigrants, aboriginals and those from lower socio-economic strata are all at higher risk for cervical cancer and most cervical cancer deaths happen among those screened infrequently or not at all.

Where in the world is more cervical cancer-screening actually needed? In the poorest parts of the globe. This fact was recently reiterated when none other than former president George W. Bush announced the next phase of the Emergency Plan for AIDS Relief. In August, George W. announced a major push to expand the screening and treatment of women with cervical cancer, a laudable goal considering the majority of women dying of cervical cancer – more than 85 percent of cases – are in developing countries.

HIV positive women are especially at risk – up to five times more than women who are HIV negative. A woman's risk of cervical cancer also rises with her level of sexual activity (number of partners) and so on.

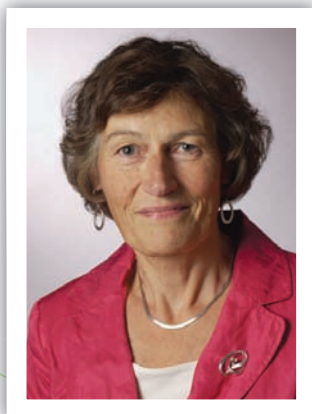
In our corner of the industrialized world, we find groups like the American Congress of Obstetricians and Gynecologists proclaiming, "cervical cancer rates have fallen more than 50 percent in the past 30 years in the US due to the widespread use of the Pap test." Really? Are we placing all the advances made in women's sexual health in recent years at the foot of the humble Pap smear?

Undeniably, the Pap test can help pay the bills. One physician friend doing a stint at the U of T student health clinic told me about a student who wanted to renew her birth control pills without a Pap smear. The student, who had had only normal tests, said her previous doctor expected her to submit to a smear every time she wanted a new script for oral contraceptives. Which meant every three months.

CONGRATULATIONS!

Dr. Marja Verhoef, Calgary, Alberta

Recipient of the Third \$250,000 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine



Dr. Marja Verhoef, Calgary, Alberta

DR. VERHOEF holds Canada's only Research Chair in Complementary Medicine at the University of Calgary. She has been a driving force behind the establishment of several Canadian networks promoting and enabling partnerships among those interested in complementary, alternative and integrative medicine. The most well-known of these is the IN-CAM network, a virtual organization sparking collaboration among researchers and practitioners in Canada, North America and internationally. She was the first President of the International Society of Complementary Medicine Research. She has been a tireless advocate of appropriate research methods for the often multi-faceted approaches that fall under the umbrella of complementary and alternative medicine.

The purpose of the Dr. Rogers Prize is to highlight the important contributions of Complementary and Alternative Medicine (CAM) to health care by rewarding the pioneers who have made significant contributions in the field. The Dr. Rogers Prize is sponsored by the Lotte and John Hecht Memorial Foundation, Vancouver, BC.



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Dr. Warren Bell, a family doctor in Salmon Arm, BC, recalls how recommendations around the Pap test have undergone sometimes boomerang-like changes. According to Bell, “about two decades ago, the BC Cancer Agency, which reviews all slides from Pap tests throughout the province, made the bold recommendation that, after a couple of initial normal Pap tests, and as long as your sexual partner did not change, Pap tests could be reduced to every two years. At age 35 or so, if the same conditions prevailed, they could be reduced to every three to four years. And after age 50 to 55, they could be reduced to every five years, and then ended completely after age 70.”

While most women would have welcomed these changes, Bell said the announcement “was greeted with howls of protest from the gynecological community.” The cancer agency backtracked, withdrew its recommendation and went back to pumping the annual Pap test – another example of ‘expert opinion’ slapping down common sense.

To answer the “do I need an annual pap test?” question, the answer is “it depends.” In Dr. Bell’s opinion, the recommendation for the Pap test shouldn’t just be based on a random time interval, but should also consider a woman’s socio-economic circumstances, lifestyle and sexual partners.

Dr. Bell recalls the most over-zealous Pap testing he’d encountered: an 82-year-old woman came to his office for her annual pap smear. He said his “jaw hit the floor with a thud” after the woman told him she had had the test every year, never shown any abnormalities and lived with the same partner for decades.

Physicians are convinced they need to be ‘doing something’ to prevent a disease that kills about 400 women a year in Canada. While cervical cancer still

Not all women are at equal risk for cervical cancer. In Canada, older women (aged 40-59), immigrants, aboriginals and those from lower socio-economic strata are all at higher risk.

represents less than two percent of all fatal cancer deaths every year, it is still important to do what we can to reduce those deaths. One thing the medical community is ‘doing’ is embracing, researching and promoting the links between the human papillomavirus (HPV), an extremely common sexually transmitted virus, and cervical cancer.


Which brings us to Gardasil, the first vaccine marketed to prevent infections of HPV. If you haven’t noticed, it’s been back in the news recently, finding its way into the race for the nomination for the Republican presidential campaign.

US Representative Michele Bachmann recently attacked her opponent Texas Governor Rick Perry over the safety of the HPV vaccine. Mr. Perry, no doubt fuelled by campaign donations from Gardasil’s manufacturer, thought it was a good idea to issue an executive order requiring grade-six girls in Texas to be vaccinated for HPV. The twitterverse has been alight with the Perry-Bachmann banter on this exchange, yet here in Canada, we seem to have a decidedly more funny (not) take on HPV.

Late last summer, the province of Quebec funded and launched a campaign that probably rates as the most ludicrous example of cervical cancer mongering in history. This campaign glosses over the safety and effectiveness of the HPV vaccine and essentially says girls in Canada have a simple choice: They can either get the HPV vaccine or wear a chastity belt.

(<http://www.vaccinvph.gouv.qc.ca/index.php?lng=en>)

I couldn’t make this stuff up. And if I could, I’d be doing standup instead of writing columns.

Let’s face it folks; whether you are pushing the vaccine or the pap smear and whether you use political bullying or humour, denying the potential for their adverse effects and promoting them to everyone, everywhere, can only be called one thing: bad medicine. 

Alan Cassels is a drug policy researcher at the University of Victoria. Read more of what he’s writing about at www.alancassels.com

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Gordon Rogers presents Dr. Marja Verhoef with the Dr. Rogers 2011 Prize.

Roger's Prize winner

Dr. Verhoef a driving force

realized much later this was uncommon and unacceptable in many parts of the world."

Another academic opportunity brought them to the University of Calgary where they settled and had their two sons. Dr. Verhoef's interest in CAM was sparked when Dr. Sutherland, a gastroenterologist, asked her to study his patients' use of complementary and alternative therapies. The results showed much more use than had been suspected. Dr. Verhoef played around the edges of the field with studies on the uses of CAM for various diseases, but jumped in with both feet with a survey of MDs attitudes towards CAM use. During these formative years, she gathered other scientists and graduate students and encouraged them to study the area. Her degrees in sociology, psychology and epidemiology enabled her to collaborate across many disciplines.

"Collaborating is crucial to the CAM field. It is not useful and not much fun to all go our own direction. We need to collaborate to develop and promote the field of CAM research and education to enhance the quality and impact of our work. Networks are a great avenue to collaborate, share information, establish research teams and be responsive to practitioners, the public and patients' needs," Verhoef says.

Dr. Verhoef has been a driving force behind the establishment of several Canadian networks promoting and enabling

partnerships among those interested in complementary, alternative and integrative medicine (IM). The most well known of these is the IN-CAM network, a virtual organization sparking collaboration among researchers and practitioners in Canada, North America and internationally.

The awarding of the 2011 Dr. Roger's Prize to Dr. Verhoef was the culmination of an afternoon Colloquium that explored the practice of integrative medicine in Canada. More than 250 people in the field, including practitioners and researchers from across Canada, shared their thoughts and ideas on how to move integrative medicine to the next stage of acceptance in Canada.

Fifty-four percent of Canadians used some form of CAM in the last year and 74 percent have used it at some point in their lifetime. Last year, Canadians spent \$5.6 billion in alternative therapies and another \$2.2 million in books, classes, equipment and other CAM-related activities. However, according to Steven Carter from the Canadian Society for Orthomolecular Medicine, despite the widening use of CAM by Canadians and by healthcare practitioners themselves, for CAM to truly achieve widespread acceptance, greater inroads need to be made with researchers, educators, medical associations, government and business.

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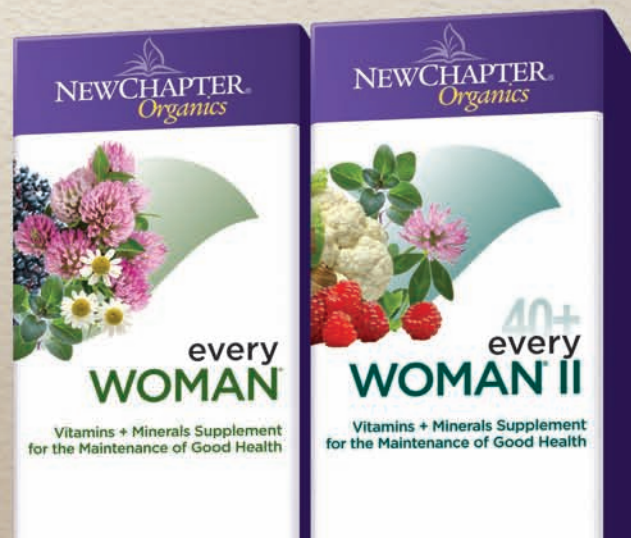
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Hugged a tree today?

According to David Milarch, co-founder of Archangel Ancient Tree Archive (www.ancienttree-archive.org), "There's huge uncertainty in the global forestry community about the ability of forests to survive the predicted rapidity of climate change in their fragmented and degraded state.

"Seventy-eight percent of the world's old-growth forests are gone. In the US, 98 percent of the old growth forests are gone and the forests we see today are primarily junk genetically. We've taken the best mother trees and cut them up for two-by-fours, and have turned them into dollars. We've spent our children's natural inheritance," Milarch says.

Archangel's mission is to reforest the planet using clones of the world's oldest trees and it has been searching the globe for these trees. The genetic material from ancient trees will strengthen the remaining old-growth forests by naturally interbreeding with the species in them. The coast redwoods and giant sequoias are the number one choice for planting because of their tremendous ability to store carbon and produce oxygen and they are not invasive to other species. In one year, a single mature tree can absorb 48 pounds of CO₂ and produce enough oxygen to support two people. An acre of trees stores 2.6 tonnes of carbon annually.

Trees are crucial ecosystem-filtering agents, neutralizing toxins in our environment – everything from dry-cleaning solvents to mercury to TNT. Trees phyto-remediate and sequester heavy metals, dioxins and toxins, at the same time releasing natural antibiotics, disinfectants and helpful anti-fungals. The Center for Urban Forest Research estimates each tree removes 1.5 pounds of pollutants from the air.

Forests also provide numerous health benefits for humans, some of which are only now being scientifically proven. Studies show airborne phytocides are present in forests – antimicrobial essential oils that protect plants from insects and predators. These have a calming effect on humans, by lowering stress-hormones, pulse rate and blood pressure. *A Journal of Immunopathology and*

Pharmacology 'forest medicine study' showed visiting forested parks enhanced the activity of cells that destroy viruses, bacteria and toxins and also increased anti-cancer proteins in humans.

Biologist Joan Maloof notes researchers in the Sierra Nevada of northern California have found mountain forest air contains 120 chemical compounds. Some come from bacteria and fungi in the soil, but most come from the trees, which release them from pockets between their leaf cells. They also produce edible monoterpenes, fragrances that have been shown to both prevent and cure cancer. "When we breathe them in, they become part of our bodies; the forest becomes part of us... We are cutting ourselves off from nature's drugs, which are free, and handing our health-care over to the drug companies, which are not," Maloof says.

Biochemist Diana Beresford-Kroeger agrees. "What trees do chemically in the environment is something we're only just beginning to understand. These are at the heart of connectivity in nature." She favours reforesting cities and rural areas with trees according to their medicinal, nutritional and pesticidal properties, what she terms a bioplan.

In Japan, people taking a stroll in the forest call it 'forest bathing' or 'shinrin-yokin.' It seems a greater reverence for trees and putting these gentle giants back to work would help us clean up our mess. Our environmental future in 50 years looks pretty bleak, but if each one of us planted a tree, it would be a significant contribution. If you can't plant a tree, perhaps consider helping the Archangel Ancient Tree Archive reforest our planet, re-establishing filter systems that help clean air and purify the water for our grandchildren and helping to capture the carbon that's melting our glaciers.

Perhaps it's time we all hugged a tree? <

Carolyn Herriot is author of **A Year on the Garden Path: A 52-Week Organic Gardening Guide** and **The Zero-Mile Diet: A Year-round Guide to Growing Organic Food** (Harbour Publishing). <http://earth-future.com/gardenpath>



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Healthy dining

We all love tasty food, enticing flavours and relaxing at restaurants with friends and family. We feel good about looking after our health, having compassion for animals and caring for the planet. What about doing all these things at the same time? Or is that combination virtually impossible?

Vegetarian restaurants are an excellent option and many of us regularly refer to the www.happycow.net 'app' on our cell phone to locate the closest veg-friendly restaurant. We might also visit veg dining.com and www.earthsave.ca/vegdirectory for Earthsave's helpful listings.

Even so, there are times when we want to go to a mainstream chain, either because of its handy location or because we are heading there with a group of business associates, friends or family members with diverse dietary preferences. At many of these restaurants, however, we are challenged to find a single protein-rich item on the menu. It's perplexing because we know there are vegan options for many foods; for instance, the BC-based company Gardein offers vegan versions of chicken breasts, barbecued beef, buffalo wings and burgers.

We also know how easy it would be to replace the poultry in a chicken salad with a deliciously seasoned veggie "meat" or to use veggie "meatballs" in a pasta dish. When these dishes are made with real meat, the animal flesh is processed and shaped into convenient forms; plant ingredients can be molded and seasoned in similar ways. Pizzerias could top their vegetable pizzas with tasty and easily melted Daiya cheese and veggie pepperoni. Italian restaurants could simply add white beans to their salads, as they do in Tuscany. Restaurants could make their vegetable soup with chickpeas and vegetable stock instead of with chicken stock.

Instead, most local chains' menus are completely lacking in protein-rich alternatives for vegans and for vegetarians who are sensitive to eggs or dairy. For those of us on plant-based diets, our choices are limited to lettuce – "I'll order the Chicken Caesar Salad without the chicken and cheese" – or a fruit salad. Ultimately, we avoid these kinds of restaurants entirely and encourage our groups to head for more veg-friendly venues.

Over half the population in North America occasionally orders a vegetarian meal. And many people order a vegetarian meal even though they do not label themselves as a vegetarian. One in three vegetarians are vegan and, according to the national restaurant association, more than one in four families choose a restaurant based on the availability of a vegetarian option. Many people who wish to reverse a chronic disease or lower their risk of cardiovascular disease, diabetes or colon, breast or prostate cancer welcome the opportunity to dine at an attractive location with friends and family, without cholesterol laden, fatty protein options. These people need an entrée with substance, not just a plate of greens or a bowl of fruit. It's time for a consumer-driven campaign to get mainstream restaurants adding veggie alternatives to their menus.

If you'd like to see more plant-based options at some popular chains, contact the corporate customer service representatives below (or email other favourites):


Cactus Club (comments@cactusclubcafe.com 604-714-2025)

Earls (www.earls.ca/comments/feedbackform 604-984-4606)

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October 2

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Visit **Vesanto Melina's** website at www.nutrispeak.com or call 604-882-6782. See the very new **Cooking Vegetarian** by Joseph Forest and Vesanto Melina, Wiley Canada, 2011.

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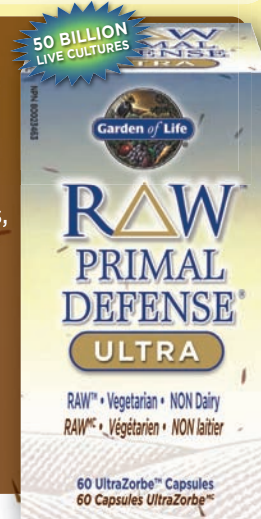
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Amore Pet Foods: Organic Raw & Dry Dog & Cat Food. amorepetfoods.com

Anita's Organic Grain & Flour Mill: Organic Grains & Flours. anitasorganicmill.com

Aroma Crystal Therapy: Skin and body care / aroma therapy. www.aromacrystal.com

Awaken My Senses: Health and beauty – Whole food for your skin. www.awakenmysenses.com

Benefruits Canada: Beverages. www.benefruits.com

Bremner's: Pure Fruit Juices & Berry Products. www.bremnerfoods.com

Canadian Heritage Organics: Organic Maple. www.belandorganicfoods.com

Clef des Champs: Traditional herbal manufacturer of therapeutic extracts, GMO, gluten, soy & wheat-free. www.clefdeschamps.net

Cuisine Soleil: Gluten Free Organic Flour. www.cuisinesoleil.com/en

CytoGreens: Greens. www.CytoGreens.com

Dan-D Foods Ltd.: Nuts, dried fruits, trail mixes, cereals, grains, ethnic snacks, confectionaries and spices. www.dan-d-pak.com

Denman Island Chocolate: Certified organic fair trade chocolate. www.denmanislandchocolate.com

Earth's Own Food Company Inc.: Non-dairy beverages. www.earthsown.com

Enerex Botanicals Ltd.: Whole Food & Nutritional Supplements. www.enerex.ca

Enzed Nutricorp: Nutraceuticals. www.enzednaturals.com

Escent's Aromatherapy: Bath and body care. www.escent'saromatherapy.com

Everland Natural Foods: Organic Sauces, Salsas, Chutneys, Nut & Seed Butters, Sweeteners. www.everlandnaturalfoods.com

Ferlow Botanicals: Herbal personal care & medicinal products. www.ferlowbotanicals.com

Green Fortune: A GMP Nutrition Manufacturer having 63 NPN issued by Health Canada. www.greenfortunepharm.com

Happy Planet Foods: Juices, smoothies and soups. www.happyplanet.com

Honey Bunny Inc.: Organic honeys and gluten-free condiments. www.honeybunny.ca

Karthein's Organic: Organic unpasteurized sauerkraut. www.belandorganicfoods.com

Kettle Valley: Dried Fruit. www.sunopta.com

Kicking Horse Coffee: Organic Coffee. www.kickinghousecoffee.com

Kinnikinnick Foods Inc.: Gluten free, dairy free, tree-nut free and peanut free baked goods. www.kinnikinnick.com

La Chaudière: Organic Raw Milk Cheeses. www.ourcheeses.com

Life Choice Ltd.: An effective natural alternative to allopathic medicine. www.life-choice.net

McLean Organic Foods: Organic Meats. www.mcleanorganicfoods.com

Mountain Sky Soap: Bar & liquid soaps, massage bars, body butters, lip balms. www.mountainskysoap.com

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12:00-1:30 pm Nutrition Through the Lifespan
Allergies: Prevention & Treatment through Nutrition
With Jason Marr ND

2:00-3:30 pm Nutrition and the Environment
Facts & Flavours: Why Choose Organic?
With Preet Marwaha BA

View Lecture Descriptions at
www.instituteofholisticnutrition.com

continued p.39...

Natural Calm Canada~Business With A Mission~

Dale and Linda Bolton were not looking for another career. For three decades, Dale had been a pastor, both in Canada and in developing countries, and Linda had worked as a director of nursing and a pastor. But in 2004, their lives changed.

It began when Linda, who struggled with sleep problems, fibromyalgia and bone density issues, discovered the magnesium supplement Natural Calm. Linda knew magnesium was used in hospitals to treat heart attack, stroke, migraines and high blood pressure, but she had not considered it as a health supplement until her sister, who had been helped by the product for severe migraines, recommended it. She decided to give it a try, and the results amazed her. Right away, Linda began to sleep better, and within a week much of her muscle pain from fibromyalgia was gone. Not only that, but her next medical test came back showing higher bone density for the first time in 10 years.

Soon after, the Boltons visited Malawi, Africa and were astounded by the scale of the suffering they witnessed there. Dale and Linda had done a number of projects in Haiti, but they were overwhelmed by the need they saw in Africa. The AIDS pandemic had left about 40 million children orphaned, and Dale and Linda felt they couldn't turn their backs.

When they returned to Canada, Dale and his son Jason did a house renovation to raise the funds to help build an orphan home, but the family realized a problem this big required new kinds of solutions.

The answer they were looking for came from Linda's business success with Natural Calm. The American company's supplements were not available in Canada, so Linda began importing them, initially just for family and friends. Then she began approaching retail health stores. The products sold so well she was given the exclusive distribution rights for Canada. Dale and Linda decided to work together and turn Natural Calm Canada into a social enterprise, meaning that all the profits after expenses go to help orphans in Africa.

At first, donations went to the organization Hope for the Nations in Kelowna, BC. The money was used to build orphan homes and schools and to drill water wells. Linda and Dale also began visiting Africa twice a year and taking others with them to see the difference they could make.

However, the Boltons felt there was more they could be doing to make real, lasting change where it was needed most. Dale, who grew up on a farm, noticed that none of the orphanages had gardens and that kids were struggling with health issues because of their low-nutrient diet. He learned that food production all over Africa had plummeted because of the spiraling costs of chemical fertilizers, fuel, pesticides and genetically modified seed.

Dale spent a month at an African organic agricultural college which taught trainers how to make their own fertilizers and pesticides and to save their own seeds. One of the teachers there was keen to help grow better food for orphans, and that was the beginning of Organics 4 Orphans, an organization created to help improve the food security, health and self-sufficiency of children and their communities.

Natural Calm Canada covers all the overhead for Organics 4 Orphans. This means that 100% of donations go toward the projects. To date, Organics 4 Orphans has reached more than 120 orphanages and communities in four countries with its five-day Grow Biointensive workshop. For every project created, there are three more communities asking to be taught the secrets of organic growing.

The work of Organics 4 Orphans doesn't stop with teaching optimal growing methods. The second phase of each project involves a five-day natural medicine course developed by Anamed International, an organization that specializes in the identification of indigenous African plants with high medicinal properties. Between improved natural medicine knowledge and access and improved nutrition, the incidence of diseases in participating communities has been reduced by up to 80%.

The third phase of Organics 4 Orphans projects focuses on growing surplus food to create income and teach skills that will be useful to children in the future. The aim is for the orphanages or communities involved to be self-sufficient by this point.

It is incredible how inexpensive it is to create change with the Organics 4 Orphans model. Forty-two dollars a month can provide an orphanage or a struggling community with tools, fencing, seed and 10 visits from an organic trainer. Even in very dry areas, the resulting gardens are able to grow food for around 50 people after one year. This works out to a cost of just \$10 a year per person.

The Boltons could not be more excited. Even though they're not far from retirement age, they can't imagine stopping this work. In fact, they are still expanding the reach of Organics 4 Orphans. The latest addition to their list of programs is a one-year organic farming/natural medicine internship program in Africa, for which several Canadians have already signed up.

Many young people want to work for Natural Calm Canada because it is a social enterprise. Several Canadians also are planning to volunteer for Organics 4 Orphans' one year organic farming/natural medicine program in Africa (info@organics4orphans.org).

To find the benefits of magnesium supplementation and where to get Natural Calm health products go to www.naturalcalm.ca. Go to www.Organics4Orphans.org to find out how anyone can transform their lives through organic growing and natural medicine.



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Meters that smart

Have we completely lost our rights?

The reason I put “Smart” in quotation marks is simply because the meters are anything but smart. However, in full Orwellian form, they are called “Smart” in full contradiction with the truth.

The general populace is starting to become aware that electromagnetic radiation (EMR) from things like “Smart” meters has become a contentious issue. The media is beginning to carry stories of people opposed to the meters because of health concerns. In response, the governments and utilities are assuring all of us the new meters are safe.

The hype from government and the utilities about the meters not being dangerous brings to mind the wisdom found in the British sitcom *Yes Minister* – that you should not believe something is true until it is officially denied. Indeed, my under-



When the science was inconclusive about things like smoking or asbestos, people who were nevertheless concerned, could take steps to protect themselves and their families from the potential risks by avoiding the dangers. The problem with the new meters is that there is nothing one can do to avoid the risk.

standing is that roughly 80 percent of the independent research (i.e. research not funded by industry) shows EMR from things like cell phones is dangerous. On the other hand, research funded primarily by the cell phone industry either does not show harm or is inconclusive.

This, of course, follows a tried and true pattern to keep dangerous products on the market as long as possible. Whenever independent research shows a product to be dangerous, the industry making the product will react by agreeing the independent research is troubling and committing money to conduct further research. The further research funded by industry tends to be inconclusive so the industry can claim the science is inconclusive. This happened with the dangers associated with smoking and asbestos. It wasn't until there were simply too many deaths to ignore that the tide turned and protective actions were taken.

We are currently at the “inconclusive” stage for things such as cell phones and “Smart” meters.

Even if we are to assume the “science” is truly inconclusive at this stage, what is troubling about the new meters is the potential risk being imposed upon us. When the science was inconclusive about things like smoking or asbestos, people who were nevertheless concerned, could take steps to protect themselves and their families from the potential risks by avoiding the dangers. The problem with the new meters is that there is nothing one can do to avoid the risk. With smoking and asbestos, governments took precautionary steps to protect us. Not only is this not happening with the new meters, but also it is our governments that are imposing the potential risk on us.

Where I live, each home is going to get three meters: water, gas and hydro. Each meter will have a microwave transmitter designed to transmit long distanc-

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es. So far, only the water meters with a transmission range of two kilometres are being installed. I have already received calls from people who have become sick in their homes, including Louise, who said I could share her story. Louise is 75-years-old. She has lived with her husband in her home for 33 years. As a stay-at-home mom and homemaker, her home has always been her favourite place – that is until the water meters were installed in her neighbourhood.

The very day the meters were installed Louise became sick. Her reactions were intense enough that the City quickly disconnected the meter in her home. It did not make a difference. With all of the other meters in the neighbourhood trans-



BC Hydro photo

mitting for at least two kilometres, she has remained sick. She can hardly sleep. She is losing weight. She has had to stop playing tennis, which until now was a passion. She is so upset about what has happened that she can hardly talk about it. She no longer likes her home. She does not know what to do. She feels trapped. She worries about what will happen when the gas and hydro meters are installed.

I know of others who, like Louise, became sick the day the meters were installed in their neighbourhoods and who have remained sick despite their meters being disconnected. It would appear the neighbourhood meters are enough to make sensitive people sick. They do not actually need a meter in or on their home. It is not a sufficient response to their health concern that the utility will take their meter away. They need their neighbourhood clear of meters.

This raises some troubling ethical issues. Is it proper for governments and utilities to impose technology in our homes and neighbourhoods that make some of us sick? For people who want to take proactive steps to protect themselves or their children from the potential risk from EMR, is it proper for the government to impose the potential risk upon us? Think about this. Parents who want to protect their children from the EMR of “Smart” meters have no choice. Even if they succeed in keeping the meters from their homes, their children’s neighbourhood will be flooded. Is this appropriate? What does it say about our state of freedom when we are no longer able to avoid potential risks because of government action?

Currently, meters like the hydro meters are mandated by law to be installed in every home by the end of 2012. If you are concerned about the potential risks of such meters being imposed upon you and your family, you must get involved quickly to bring about a change to the law. [K](#)



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an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film *A Beautiful Mind*, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of *A New Earth*?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect. Every indi-

vidual ego is part of the collective. They're connected. Every individual is a manifestation of the collective. To recognize that is essential because the ego, being a very clever entity, has many ways of reappearing. Even if you've seen it in one disguise, it can suddenly reappear in a new one.


You might suddenly realize your whole sense of self, identity, is being derived from your possessions and social position. You see that your whole sense of identity is bound up with that and you recognize one aspect of ego. Well, usually it only comes to people when they suffer, when the identification with something no longer works...

It's recognizing the ego in its many disguises. I've met Buddhist monks who had enormous egos without knowing it. I remember being in a monastery afraid to approach them because they seemed so aloof. Yet I've met other Buddhist monks who were like little children and it was a joy to talk to them because they'd laugh and not take themselves seriously at all. They didn't take the whole Buddhist



thing seriously either, yet they practised it knowing it was only a form and they weren't identified with it.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the Tao Te Ching starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that consciousness inside yourself that's there when you let go of identification of form. 

Excerpted from **Just now: a two-part interview with Eckhart Tolle** by Joseph Roberts. Read the full interview online. Go to www.commonground.ca Click on archives. Click on 2007 at the top of the page. For part one, click on September 2007. For part two, click on October 2007.

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A common sense call to protect natural health products

The time has come to exercise your freedom of choice in healthcare

While your freedom to buy and use safe, effective natural health products like herbal formulations, multi-vitamins and essential oils continues to be eroded at a frightening pace, a report in the Los Angeles Times on September 17, 2011, states “death by pharmaceutical drugs has finally bypassed death by traffic accidents and is now the #1 killer in the US.”

Natural health products (NHPs) have never killed a single person in Canada. Why then is the Natural Health Products Directorate (NHPD) division of Health Canada ramping up its rhetoric-filled campaign to “keep us safe” from natural health products?

Our multi-perspective special feature attempts to answer this and other questions. We ask all people who believe in health freedom to take immediate action by

joining the natural health organizations calling for a suspension of the current NHPD regulations that could kill our valuable natural health products industry. The health and freedom of you and your loved ones are being threatened by big-pharma profits, pure and simple.

Learn and take action: www.thenhfcanada.com, <http://nhppa.org/>, www.hans.org, and <http://soscanada.net/>

A regulations and licensing crisis

The excerpt below is from a report intended for Members of Parliament delivered on behalf of concerned Canadians in all federal ridings. This report is a preparation for conversations with constituents who are asking to have the current Natural Health Product Regulations suspended, reviewed and revised. The report was written by the Natural Health Products Protection Association, a non-profit organization dedicated to protecting Canadian access to natural health products.

The problem

Many Canadians are rattled at the increasing number of natural health products (NHPs) unavailable due to the 2004 Natural Health Product Regulations currently being implemented. Health Canada denies the industry is being downsized; however, its last quarterly report ending December 31, 2010, shows that licensing failures are only part of the measurement of lost products. Retailers have lost access to over 20,000 products freely available in other countries such as the United States. There are also a large number of products that either have been or will be removed without trying to get through the licensing process because it is too cumbersome. These lost products will not show up in the licensing failure statistics.

Health Canada has repeatedly stated its foremost consideration for the regulations is consumer safety. However, less than five percent of the refusals have been based on safety. This means NHPs rarely fail the licensing process due to safety concerns. A comprehensive statistical analysis of information from Health Canada, the Canadian government and non-governmental organizations found the relative risk/chance of dying from an NHP was less than one in 10 million. Health Canada cannot support policy or rationalize outcomes of the current regulations based on safety concerns.

In 1998, the Standing Committee on Health endorsed the wishes of Canadians to enjoy increased access to NHPs. Instead of enjoying increased access, we face a crisis consequent upon the regulation of NHPs as a subset of drugs. Drug-style regulations are reducing our access. These regulations deem all NHPs to be illegal.

Assumed to be unsafe and fraudulent, only those NHPs that meet onerous conditions can remain on the market. There is no mechanism to prevent Health Canada from

making the conditions more onerous.

Since health is a provincial jurisdiction, neither can the agency rightfully claim legal authority over NHPs. Each province has autonomous authority over healthcare unless a risk becomes sufficiently significant to be regulated under criminal legislation. At that point only can a health issue be controlled at the federal level. The onus is on Health Canada to demonstrate potentially criminal levels of risk. No such risks exist for natural health products.

The Government of Canada has not done a single risk analysis to determine the risk of removing tens of thousands of NHPs, which have been safely accessible for years, from Canadians who rely upon them by personal choice for the maintenance of health. In short, the NHP community is being dismantled by drug-style regulations designed to restrict access to NHPs.

The central problem with Health Canada is that the agency enforces the same legislation it creates while being in relationship with many of world's wealthiest corporations. The inadvisability of creating a situation where conflicts of interest are possible is likely the reason we do not ask the police to write our laws. Many Canadians also see a disconnect in court decisions allowing access to “unlicensed products.” We have no right to treatments of our choice if Health Canada ignores the spirit of our court decisions guaranteeing personal choice.

With this in mind, since the provisions of the Natural Health Product Regulations are demonstrably disproportionate to the need for protection, Health Canada's basis for control fails to meet the criteria necessary to justify pre-empting Canadians' rights to life, liberty and security, guaranteed in Section 7 of the Canadian Charter of Rights and Freedom.

Due to sustained nationwide opposition from the NHP industry and consumer sectors, we ask that enforcement of full compliance of the Natural Health Production Regulations be suspended, pending review by the Standing Committee on Health.




For all intents and purposes, NHPs were unregulated until 2004. Even now, most of the products that Canadians regularly purchase in health food stores are illegal and non-compliant with the current regulations. Suspending the Regulations would not suddenly create an unregulated environment. Indeed, there would not be much of a change at all. All that would change is that the NHPs Canadians have been relying on for decades would stop disappearing pending a review. Health Canada

would be in the same position as it was prior to 2004. It could take targeted action against products where there was a legitimate health risk.

Promote this action starting today. For more information on what consumers can do, we have an action plan at www.nhppa.org.

Charter of Health Freedom Petition Update

Since the official launch of the Charter of Health Freedom in September 2008, the Natural Health Product Protection Association (NHPPA) has been receiving petitions from across Canada in support of the Charter. As of summer 2011, the NHPPA has 75,359 petition signatures. Three million signatures is the goal.

Here's how you can make a difference: Download the petition from the Charter of Health Freedom website at www.charterofhealthfreedom.org You can also download a printable version of the petition in either letter or legal size. Then get your family, friends, colleagues, classmates and customers to sign the petition. Mail your petition to the NHPPA at #2-953 Laval Crescent, Kamloops, BC, V2C 5P4. 

Reprinted with permission from **Health Action Network Society** magazine, fall 2011, www.hans.org / <http://nhppa.org>

Natural health product regulations have gone **too far**

Lorenda Stefan, product educator and national sales manager, Enerex Botanicals Ltd.

Most people are not even aware that some of the most effective, safe and natural ingredients found in their nutritional supplements are under attack. In fact, the entire industry is under attack along with our Rights as Canadian Citizens. Even ingredients like enzymes, *yes enzymes*, are being scrutinized for their “long-term” safety. How can this be when more than 3,000 enzymes operate in our bodies? Enzymes are found in every raw food we eat and are essential for all metabolic processes; without the enzymes in our food, life does not exist.

But that’s in food. So how safe are supplemental enzymes? The use of enzymes in dietary supplements dates back to the early 1900s. Dr. Edward Howell, a pioneer in enzyme research, did an extensive study in the 1920s on the health benefits of enzyme supplements and reported no adverse side effects. Since then, thousands of healthcare professionals around the world have prescribed plant enzymes as a treatment for digestive disorders and inflammation. That’s right; we have been supplementing with enzymes for 100 years, but now they are in danger of being lost. Our SAD (Standard American Diet) is typically devoid of naturally


occurring enzymes because most are destroyed when food is cooked or processed. Therefore, many Canadians require supplemental enzymes and other essential nutrients to ensure the body is provided with the building blocks to good health. At Enerex, we know, as do our customers, the importance of enzymes in daily life and in times of crisis. We have been supplying products with enzymes for over 15 years with nothing but positive outcomes.

Supplementation with nutritional products is safe. So safe in fact that not a single person in Canada has ever died from using a natural health product. So why is our government trying to deny us access to products and ingredients that have a proven safety record? That is a serious question that each and every one of us must ask of our local Member of Parliament (MP) before it is too late. Health industry manufacturers and suppliers offer products that improve people’s quality of health and yet these products are being targeted for the “risks” they pose. The statistical risk of dying from taking an NHP is only slightly higher than that of being hit by a meteorite. In other words, there is no risk.

On the supply side, these unfair, unsubstantiated regulations hurt companies, but more importantly, they hurt

Enzymes are being scrutinized for their long-term safety... Without the enzymes in our food, life does not exist.

people. People who choose to take herbal supplements and NHPs to help reduce their risk of degenerative disease and to maintain or improve their health are being penalized. Why is it okay to sell cigarettes, alcohol and prescription medications, all of which are known to kill people, when products like parsley capsules may be targeted by Health Canada because there isn’t “sufficient evidence” available that they are safe? Think about this when considering the fact that Health Canada originally believed that highly addictive chemical-laden beverages like “energy drinks” were safe and actually made them some of the first products to receive Natural Product Numbers for licence to sell as health products. This is from the very government agency that is supposed to protect the health of Canadians.

What is this country coming to and when are we going to stand up for our right to choose our own path to optimal health? *Enough is enough*. It is time to contact your local MP to demand action on your behalf. 

www.enerex.ca/en

References: **Save our Supplements Canada:** www.soscanada.net **Analysis of Relative Risks and Levels of Risk in Canada** by Ron Law.

Canada’s natural health industry under siege

Canadian access to vital nutrients threatened by trade deals.

Dee Nicholson, co-executive director, Natural Health Federation Canada (NHF)

Canadians who prefer healthcare the natural way need to take a stand, and fast, before their freedom to choose their own medicine (and a whole lot more) evaporates under their very noses.

The natural health product (NHP) industry across Canada is caught in a squeeze play that threatens its very existence: it has already cost Canadians their access to about two-thirds of the products that used to be on the shelves and shows no sign of letting up. Meanwhile, many of us are completely unaware of the multifarious tentacles poised to crush what remains and have not connected the dots to see them choking off our rights.

Producers and retailers of NHPs have been fighting for years against Health Canada’s infamous “Health Protection Branch,” which has “protected” us all with SWAT-style, guns-drawn raids on vitamin sellers and their families, using the RCMP as enforcers. There have been over 20 such raids in recent times. And with a slew of newly-hired “inspectors” eager to bring home a few scalps, we can soon all look forward to being really, really “safe.”

Interestingly, under the Constitution Act, healthcare is the responsibility of the provinces, not the federal government, which means that Health Canada has absolutely

no legitimate mandate to regulate anything at all. Health Canada is therefore practising medicine without a license, but somehow continues to operate with seeming impunity. What’s up with that?

It doesn’t take much of a nose to sniff out the rotting fish in this scenario, but here’s the bad news: it gets worse.

Lurking in the language of Bill C-36, the Canada Consumer Product Safety Act, was a clause stating the Minister of Health may take direction from unnamed foreign authorities. That threw open the door to control of our health legislation and regulation by a committee of foreigners, with Canada having only one vote at whichever table it happened to be. Take our membership in the WTO, for example: there, we have one vote against nearly 200 others. And Prime Minister Harper gave up our prized bank regulations (the same ones he said saved us from the “recession”) to the G20 last year, and quipped that, while it was a loss of sovereignty, it was “a simple fact of life,” too bad, so sad.

And now comes CETA, the “Comprehensive Economic and Trade Agreement” with the European Union. The perceptive among us have spotted the snake that can easily slither through that gaping doorway in Bill C-36,

accepting direction from these particular “foreign authorities” whose publicly announced task is to “level the playing field with our trading partners.” And why might our government need to place that portal in C-36, when trade agreements are enforceable contracts anyway? One answer might be that we could hardly refuse what we have already legislated, could we?

Now, another interesting link in this chain: our North American preoccupation with *Codex Alimentarius*, the “food code” being promoted by the World Health Organization, eventually to be enforced worldwide by the WTO through cross-sector trade sanctions. Health freedom advocates have been screaming loudly for years about how it endangers our free choices, and rightly so. But while most focused on *Codex Alimentarius*, a nearly identical threat was looming in Europe, unnoticed, because there seemed to be no mechanism by which these standards could ever be forced on Canada.

CETA is the glue to this plot: the European Union Food Safety Directives, effective as of 2005, dubbed “*Codex Alimentarius*’ Evil Twin,” will most certainly become the trade standard, the “level playing field,” for the industry in Canada under the terms of CETA. And Health Canada’s recent tyrannies over per- *continued...*

fectly safe products have just been the slow boiling of the frog, to ease the transition into global standards that funnel all profits into the pockets of the particular corporations who stand to benefit: Big Pharma.

CETA allows multinational corporations to bid freely on things we need to control for ourselves, from our municipal water utilities, to provincial energy policies, Canada Post, and, as amply noted, our healthcare choices. And once they've got them, just try to get them back. At every level, CETA intrudes, and in its aftermath is a ravaging of our natural health industry, as well as all other major economic sectors. Via CETA and similar agreements, Canada is being subsumed into a sea of other people's rules.

Shockingly, across the country, neither city councillors nor provincial or federal representatives have the first clue

what is going on.

Meanwhile, from October 17 to 21, CETA negotiators in Ottawa will be accepting *final submissions* "from the provinces," which translates to "from the Premier's secret committee that has prepared these submissions, without the oversight even of his own caucus." This despite the fact more than half of the provinces are going to the polls.

This cluster bomb of an agreement is hurtling towards completion so one is naturally led to wonder why the CHFA (Canadian Health Food Association), supposedly the voice of the natural health industry, is conspicuously silent on the matter and why its membership remains largely in the dark. Since they claim a good relationship with Health Canada, why are they not active in slamming the door on CETA and stopping the SWAT raids ordered up by the ministry as "drug busts?"

In the absence of real representation, the natural health industry needs to fend for itself, organize and take action on its own behalf. Suppliers, retailers and consumers alike stand to lose far too much to knuckle under now.

If ever there was a time to stand up and be counted, this is it. This is the moment. No matter who you are, write, phone, fax or email your representatives at all levels of government – local, provincial and federal – and tell them you want full disclosure on CETA, you want your democratic rights and sovereign laws upheld and you want free access to the NHPs you choose, period. Support those groups that are speaking out and speak out with them.

Do it now. There is no time for polite discourse. They serve *you*, don't they? 

thenhfcanada.com

Are the best interests of Canadians being served or severed?

Bruce Dales, president, Dales Product Development and Regulatory Specialists

Have you ever wondered why you don't see more innovative health food and natural health products (NHPs) emerging on the Canadian market? I have 18 years' experience in product development and the Canadian food and drug regulatory compliance area involving new and innovative health foods and natural health products (NHPs). I have also qualified and testified within the Canadian judicial system as an expert in the area of Canadian food and drug regulations. The following perspectives are based on what I have witnessed and experienced:

1. One of the main problems I've experienced within the present Canadian Health Food and NHP regulatory model is the frequent lack of adequate feedback from the Canadian Food Inspection Agency (CFIA) and the Natural Health Products Directorate (NHPD) regarding the status of new and innovative health food and NHP applications. Often, it's not given in a timely way, not given at all or doesn't adequately answer the questions asked. Consequently, companies wanting to produce innovative products in this regulatory area are being asked to comply with regulations that are often confusing and they have difficulty determining what the compliance standards actually are. In my experience, this has been very damaging.

2. Based on my and the understanding of other members of industry I have spoken to in December of 2010, the NHPD was supposed to provide updated standards of evidence, but it never did. For the most part, with regard to the most innovative new natural product number (NPN) products, there's no proper guidance from the NHPD and no consistent standards of evidence. Nor does a standard exist as to when submissions will actually be reviewed. Companies are expected to submit their applications without any idea as to if, or when, their applications will be reviewed or any knowledge of what the standards are under which they'll be reviewed. Many experienced people within the industry, with whom I've spoken, claim it's

simply "the luck of the draw." It appears the level of evidence required by a company, with regard to any NHPD application, is dependent upon which NHPD reviewer is assigned to it. Furthermore, it appears that, if a unique and innovative product *does* get regulatory approval, the NHPD doesn't allow competing companies' access to information regarding the level of evidence that was required for that approval.

3. On the basis of my experience, over the last few years, I've consistently found it very difficult to get clear and reliable feedback from the CFIA regarding whether or not a new innovative product can be put on the market as a food. I have also found the present Minister's office for the CFIA ineffective in making the CFIA provide the appropriate information in a reasonable time frame, if at all.

4. Over the years, I have seen that when companies are challenged by Health Canada for not complying with these confusing standards, no scientific standard is required by the Minister of Health from the Health Canada officials who challenge the particular company's product. With regard to such challenges, I have frequently seen Health Canada officials reference science documents that aren't consistent with the subject of the challenge. They also seem to consistently refuse to provide a level playing field for all companies in this industry.

5. Furthermore, even when such actions have brought about disturbing consequences for a company and incompetence on the government's part has been pointed out, neither the Minister of Health's office nor the CFIA Minister holds anyone accountable for the damage done to the company. They seem unwilling, or unable, to clearly articulate and uniformly enforce the regulations.

6. Companies that want to put new and innovative health products on the market need transparent and clear




guidelines to feel the confidence to invest. Lack of such guidelines diminishes innovation and competition and, for the consumer, diminishes product choice while increasing the costs of products already on the market.

7. I'm frustrated with the present regulatory system for the above-mentioned reasons and I believe the availability of food and NHP's for Canadians is being significantly negatively impacted. Given everything I have outlined, Health Canada's motto seems ironic to me: "All decisions will be based on good science." Just as ironic is the fact our government spends money on departments whose job is to encourage companies to be innovative (like the NRC IRAP program), while at the same time maintaining a regulatory system that obstructs innovation.

8. If, like me, you want this situation to change, I believe the power to do so is in your hands. Contact the Ministers responsible for the CFIA and Health Canada as well as your local MPs and tell them you're not satisfied with the way things are and you want to have the issues dealt with fairly. Feel free to send them a copy of this article as well.

9. Also bear in mind the senior-level people are the people we need to be dealing with and contacting; phoning your local Health Canada or CFIA offices and complaining to the receptionist or field inspector isn't likely to be effective.

10. Finally, I want to confirm that I empathize with many of the Health Canada and CFIA employees working under the current regulatory system. I think many of them are intelligent and well meaning, but they're unfortunately caught up in a discordant regulatory system. In my view, we need such people working *with* us for any constructive and effective changes to occur. 

What's happening to our *vitamins*?

Ken Peters

I have worked in the natural health field for over 25 years, with the last 20 or so years spent giving nutritional advice in vitamin departments. For decades, I have been hearing about how the *Codex Alimentarius* (an international food regulatory body from the UN and WHO) was going to dismantle our nutritional industry and take away our right to choose what supplements we can buy. Quite frankly, I grew tired of hearing about it, since nothing ever came of it and, up until last year, I had written the whole idea off as nothing but a conspiracy-motivated fund raiser for nutritional advocacy groups. What I see now from my position in the field is sadly confirming those worst fears: outside influences are taking away our freedom to choose what we put into our bodies.



As I write my perspective on the regulatory body (Natural Health Products Directorate), which is currently dismantling the Canadian supplement industry, I can't help but think of the irony revealed by the recent revelation that death by pharmaceutical drugs has finally bypassed death by traffic accidents and is now our number one killer (as recorded by the U.S. Centers for Disease Control and Prevention and reported in the *Los Angeles Times*, September 17, 2011.) In the field of nutrition, in which no one has ever died from the use of a supplement, being held to regulation standards made for the pharmaceutical industry, which has a massive death toll, is simply absurd.

Unfortunately, what the NHPD appears to be doing during this period of product regulation is protecting the interests of the pharmaceutical companies by shutting down the products that compete the most with their big sellers. For example, it now appears protein-digesting enzymes, used to treat inflammatory conditions, will not be licensed for sale. That means that bromelain (from pineapple, with research dating back to the 1950s) and serratiopeptidase (derived from silkworm enzyme or the fungus *Aspergillus*, commonly used for over a decade), both highly effective, safe anti-inflammatory products, may no longer be available for purchase once the regulatory dust settles. But you will still be able to get dangerous anti-inflammatory drugs from your pharmacy.

Bee pollen supplements will disappear

The catch-22 for our industry is that every product in a pill must make a claim and prove that claim and must show the product has undergone long-term human safety studies (animal studies need not apply). As a result, you won't see bee pollen or brewer's yeast in pill form anymore and probably not maca either. They will be available as foods, but not as supplements. Since many modern supplements and recently discovered nutritional sub-

stances may not have undergone long-term human safety and efficiency trials, it is easy for the tribunal to reject their applications. The problem is these types of double blind, placebo-controlled tests can cost \$250,000 or more and there is very little incentive to perform them on natural substances, which cannot be patented. Therefore, one cannot recover the costs of such tests. Even so, a Canadian company that specializes in oregano oil recently offered to perform such a study in order to get a license to sell oregano oil with a specific carvacol content. The NHPD essentially told the company not to bother, as it wouldn't help its cause in any case.

Ineffective dosage recommendations

Another way we are being regulated out of validity is by only allowing the bottle to advise insufficient amounts. For example, methylsulfonylmethane (MSM) is a highly effective anti-inflammatory and pain reliever, with a recommended dosage starting at about six grams and going up as far as 18 grams for severe conditions. MSM products with an official Natural Product Number (NPN) now advise taking up to three grams per day. D-Mannose, the new go-to product for bladder infection, is far more effective than cranberry and can shut down an infection fast, if you take up to eight grams for the first few days.

Currently, D-Mannose is not considered a valid product for this purpose and has been relegated to the status of "non-medicinal" ingredient. A product with a license is now a cranberry product with the maximum recommended amount of non-medicinal D-Mannose being one gram. This is a product that competes with antibiotic sales, as does colloidal silver, perhaps the best natural antibiotic. It now appears colloidal silver will only be sold as a mouth rinse you are advised to spit out afterward.


Non-medicinal ingredients

The downgrading of active substances to non-medicinal ingredients would not have been so damaging if the amounts were allowed to be listed. Educated consumers could then at least still find what they are looking for. However, the trend I am observing on these newly licensed products is that no amounts are listed for the non-medicinal ingredients and my understanding from those in the regulation industry is that amounts will not be allowed to be listed.

An example of this is a well-known liquid caprylic acid product used as part of a kit to fight yeast overgrowth. It now has an ingredient listing that indicates the "medicinal" agent to be 22mg of calendula extract (which soothes the intestines) and some unspecified amount of caprylic acid is listed as coconut oil (its source) under non-medicinal ingredients. Another candida product from a BC company now looks to be only a garlic pill, again, with unspecified amounts of non-medicinal ingredients that cover the rest of what the formula used to be (including caprylic acid, oregano and Pau- d'Arco).

This approach could work for the consumer who already knows the product and trusts there is still appreciable amounts of the non-medicinal ingredients in the new version of the product. But if you were to launch such a product today, no one would buy it because it would make no sense as part of an anti-candida regimen. This will stifle innovation and impede business growth in the nutrition field, but it will drive more people and money into the pockets of the pharmaceutical companies.

Since the majority of licenses issued are for single ingredients and about 83 percent of numbers issued are for products containing three or less medicinal ingredients (www.nhpconsulting.ca), it is clear the ability of the supplement industry to create new and effective formulas will be reduced to the point that most of our industry will cease to be of value.

Before the nutritional field gets so watered down as to be a joke, please contact your MP and voice your concerns. The price of freedom is eternal vigilance and they have caught us napping. 

Ken Peters has been a nutritional consultant for more than 20 years. He is a published author and has worked in research and development in the natural health products industry.

Publisher's note

Weeks before our press deadline, our managing editor invited Health Canada to forward an article for our special feature on natural health products. The day before press, we called Health Canada with a few specific questions to which we were promised answers before press time, but no material arrived. We await their response, which we will publish online and in our next print edition.

We also invited the Canadian Health Food Association (CHFA) to comment on its position regarding access to natural health products (NHPs) and not having NHPs classified under the category of drugs. The organization declined. In our second request, we suggested we could repurpose some of the material that appears on the CHFA homepage; for instance, the banner at the top of the website homepage states, "Over 70% of Canadians use Natural Health Products (NHPsNotDrugs.ca); join the conversation."

The CHFA again declined via an email, stating, "I just wanted to follow-up on our conversation. We regrouped internally and although we really appreciate you considering CHFA for this opportunity, we are unfortunately going to have to pass, primarily due to the sensitivity of the issue. Again thanks for the consideration."

We welcome CHFA to join the conversation by contributing an article for the next edition of Common Ground because this "conversation" will continue until access to natural health products is guaranteed and NHPs are not classified or treated as drugs.



A child's soul journey

Your children are not your children. They are the sons and daughters of life's longing for itself... You may give them your love but not your thoughts, for they have their own thoughts... You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams. – Khalil Gibran

What Gibran writes here is a good expression of what I call soul-based parenting. How does that differ from ego-based parenting? In ego-based parenting, the child is seen as an amorphous lump of clay, which, over time is shaped into the image of what the parents think their child should be. In soul-based parenting, the child is seen more like a seed with all of its potential already inside. The role of the parent is to create optimal growing conditions so the seed can grow into a strong and healthy plant, which ultimately blossoms in its own unique way.

Ego-based parenting creates problems for both the parent and child. If the parent sees the child as a reflection of her/himself, when the child conforms, he receives love and affection. When the child does not conform, he receives negative feedback and feels judged and unloved. The child with a strong spirit may continually frustrate parents and, therefore, constantly receive negative messages, ultimately suffering from low-self esteem. If the child's spirit is not so strong, the child learns to negate his own being, ultimately becoming a pleaser. I do not know any adults who, when they were young, said they wanted to be just like one of their parents.

Decades ago, many parents felt all children should be right-handed. If a child favoured the left hand, the parents consistently forced him to use his right hand; par-

ents even did this with babies. We now recognize that handedness has to do with hemispheric dominance in the brain and we are wired to be one way or the other. In the same way, the child's soul exists within him and the natural progression as he grows is to live life in alignment with that soul.

If we continually try to change what exists naturally in the child, not only do we create tension and conflict, but we also dishonour the uniqueness of his being. When we try to make the child align with what we think he should be, we stifle the evolution and blossoming that is his birthright. And when the child reaches adolescence, the real trouble starts. Adolescence is a time when young people need to individuate. They may pull away from parents because they need to define themselves as an individual. They relate well with their peers because peers are accepting of individual differences. It can also be a time of insecurity and a perceived rejection by one's parents really hurts even when it is covered up with attitude, anger or false bravado.

It should also be noted that adults often give teens a bad rap. They roll their eyes when the child enters adolescence, anticipating difficulty. The difficulty is often in proportion to the degree of ego-parenting that is going on. In truth, it is a beautiful thing and a blessing to watch a child transform into an adult. It is here that the blossoming really begins, *if* we have created a safe and loving environment for that to happen. (See my YouTube video *Growing Up Whole*). [K](#)

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, CDs and the new "Creating Healthy Relationships" series, visit www.gwen.ca See display ad this issue.



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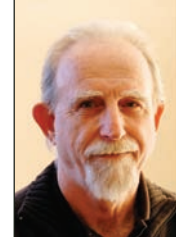
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October 2011

THE LUNAR CYCLE governs all activities on the planet. The new moon signifies a fresh start while a full moon indicates a culmination or completion of sorts. The new moon on September 27 holds the keys to whatever type of cosmic/karmic energy that is destined to unfold for humankind throughout October. The new moon takes place in early Libra with Mercury and Venus close by. Libra is the sign of balance, harmony and beauty. Libra is a cardinal air sign and is best known as the sign of relationships, agreements or war. We wake up to the reality that we have a tremendous amount of healing to do in all areas of life.

I imagine there are more than a few bruised egos out there following the fallout from the riot. [Vancouver Stanley Cup riot, June 15, 2011] Plus, we have serious work to do and not a whole lot of time to bicker either pro or con. Justice needs to be done and the slow hand of our present-day legal system has many people



ARIES Mar 21 - Apr 19

You are a diamond in the rough, with great potential but needing polish. Multi-faceted, highly talented, you just need some inner direction. Now the stars have you in their focus and will demand your highest performance in the times to come.



CANCER Jun 21 - Jul 22

Fight or flight, what will it be? A special configuration called a cardinal T-square forms at new moon time on September 27 and will affect your sign in a very dynamic way throughout the month. Home, career and relationship activities intensify.



TAURUS Apr 20 - May 21

Make hay while the Sun shines. October starts off rocky and others will possibly rub you the wrong way. The gig is within, getting others onside and not on opposite sides. The end of the month will bring significant revelations and opportunities for cooperative ventures.



LEO Jul 23 - Aug 22

Mars and Jupiter square off as the month begins. Hopefully, Mars provides courage, strength and enthusiasm, versus dominance, frustration or impatience. Sparks are flying – ideally figuratively, not literally. A very busy time ensues and all kinds of new people are entering your life.



GEMINI May 22 - Jun 20

As one astrologer said, "You may not be the true cowboy, but you can play the part real well." It's all about your creativity and your ability to win people over. Courage, truth and honour work wonders throughout the month. Pay attention to health concerns.



VIRGO Aug 23 - Sep 22

Your solar second house of personal earnings is lit up like a Christmas tree, as is your ninth house of travel. A very busy month unfolds and no doubt you will be busy. It is also very important to take time to smell the roses.

Sufi Tea House

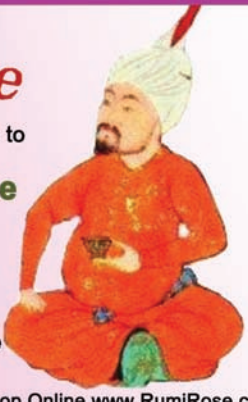
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peevd to no end – murderers in law school, other schools in need of serious repair, bigwigs patting each other on the back and handing out awards as they go, even if their actions cost us billions of dollars. The point is we need a healing and we will have to dig deep into our hearts and work towards forgiveness, tolerance, balance and harmony. It will not be a cakewalk and, if anything, fierce battles will rage as the month begins and heads will roll among the high and mighty. Blame really won't do any longer. It is time to face the harsh realities and digest what we have dined on over the last several months.

The full moon on October 11 will bring it all home reality-wise, as dear old Saturn is aligned with the full moon indicating the fall of a king or a brutal political battle with significant fallout all the way around. Fortunately, Saturn is exalted while in Libra, a harbinger of our being in the mood to get it right and to move forward with wisdom, hopefully not hardened, but willing to take our licks and get on with the business of running our beautiful gem of a city and the most wonderful country on the planet. Saturn and the Sun are not good buddies and when they meet up we will experience the results in the markets and all places that need correction and discipline. "I owe, I owe, it's off to work I go." <



LIBRA Sep 23 - Oct 22

It's your time to shine. If not, then it is your time to repair and renew all that you do. The full moon on October 11 will bring important revelations. All aspects of life are changing and you must accommodate the changes.



SCORPIO Oct 23 - Nov 21

It is time to go deep into the essence of all things. Happiness does not come from without, but from within. You can play now and pay later, or pay now and play later. The next few years tell the tale.



SAGITTARIUS Nov 22 - Dec 21

Lord Jupiter retrogrades in your solar sixth house prompting you to review many aspects of your life, such as health matters, working conditions and how you work with other people. Speaking of others, this is a time of solidifying long-term connections.



CAPRICORN Dec 22 - Jan 19

Your solar career sector is on fire. As a matter of fact, all aspects of life are fully engaged. Intense and dynamic days unfold. Power plays abound, as do opportunities for personal growth. Walk, don't run. Keep a keen eye on your own motives.



AQUARIUS Jan 20 - Feb 19

October will be what you make of it. You can come out swinging and do righteous battle and right the wrongs. Another approach is to utilize your wit, wisdom and love while turning the lemons into lemonade. Travel and romance come into play.



PISCES Feb 20 - Mar 20

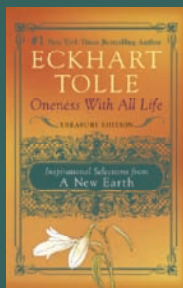
All things metaphysical may become of interest as you seek answers to life's riddles. Some aspect of your life is ending and a dawning new reality is taking shape. Soon, you can get in touch with it. A deep wisdom etches into your soul.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109

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The Cohen inquiry

prepare for the worst
and hope for the best



It's been a long haul for Justice Bruce Cohen – and an exhaustive one. Begun more than a year and a half ago, his “Commission of Inquiry Into Decline of Sockeye Salmon in the Fraser River” has explored every conceivable cause for the decline of the Fraser River sockeye – at least those sockeye turning right at Steveston and swimming north through the gauntlet of fish farms between Campbell River and the Broughton Archipelago. The transfer of aquaculture regulations to Federal control is only a year old and ongoing, so with the extensive expert testimony, Commission witnesses have also provided glimpses into the arcane workings of the Department of Fisheries and Oceans (DFO) and the effectiveness of regulatory enforcement. The Cohen Commission will hear final oral submissions early this November and will release its recommendations in 2012.

Prepare for the worst

How the Commission's findings will influence DFO policy is uncertain. Commissions of inquiry, committee reports and other fact-finding investigations by government can be left to the winds of fate, as everyone knows. It happened in 2007 when the BC government's own Special Committee on Sustainable Aquaculture concluded that, while there was “no consensus amongst the scientific community about the potential harm incurred by open-

net pen technology,” scientific opinion and evidence was so compelling that it was imperative to “act immediately” to reduce the impacts of aquaculture in BC.

The Committee, comprised of 11 MLAs including Gregor Robertson, Claire Trevena and John Yap, recommended the provincial government launch an incentive-driven, five-year transition to ocean-based closed containment. That didn't happen. Aquaculture management fell into federal hands and, as it turns out, Sustainable Development Technology Canada (SDTC), the Federal not-for-profit agency, stepped up to the plate to help nudge things along. In August of this year, SDTC increased funding, to the tune of \$5.77 million, for a solid wall floating pen demonstration project in Campbell River.

Behind the lack of swift action, as called for by the Committee on Sustainable Aquaculture, is the absence of scientific proof of the various impacts thought to result from fish farming. But it's not because scientific studies have found no proof. It's because scientific studies of the quality and scope needed to do the job *have not been done*. As independent researcher Dr. Laurence Gill has pointed out, there are things “we just don't know.” Dr. Dill is a Professor Emeritus at Simon Fraser University with over 40 years experience in biological sciences. He is a member of a team asked by the Cohen Commission to evaluate the links between salmon *cont'd pg 30...*

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Caribou at the crossroads

As a nation and a global community, Canada has a history of ignoring environmental crises until it's all but too late. Many of us remember the 1990s when tens of thousands of Canadians in the Maritimes lost their livelihoods after overfishing wiped out fish stocks.

The boom-and-bust history reflected in the collapse of the East Coast cod fishery, and in logging communities and mining towns, should teach us that when an opportunity to get something right on the environment comes along, we must take immediate action or suffer the inevitable ecological and social consequences of our own short-sightedness.

Such a window of opportunity, to protect one of Canada's most threatened wildlife species, has opened with the long-awaited release of the federal government's draft recovery strategy for boreal woodland caribou. The boreal caribou is an iconic species threatened with extinction from the Yukon right across the country to Labrador. (The draft strategy is open to public comment until October 25 at www.sararegistry.gc.ca)

A major prey species for wolves and other animals, including humans, woodland caribou are critical to sustaining the health of complex food webs that have evolved over millennia and to the well-being of hundreds of Aboriginal communities in the North that depend on the animal for sustenance and survival.

Although woodland caribou were once abundant throughout much of Canada and the northern US, they have since lost around half of their historical range because of logging, mining, seismic lines, roads, hydroelectric projects and other developments that have disturbed and fragmented their forest habitat.

One endangered herd in Alberta's tar sands region west of Fort McMurray is at great risk of disappearing. Clear-cutting and no-holds-barred oil and gas exploration and development have affected more than 60 percent of the habitat of the Red Earth caribou herd, leaving little undisturbed forest where it can feed, breed and roam.

If there is good news, it is that the science is clear about what must be done to save this species from extinction. A recent analysis by experts with the International Boreal Conservation Science Panel concludes that governments need to ensure that large stretches of woodland caribou habitat are protected from industrial disturbance. Specifically, herds will need at least two thirds of their ranges to be maintained in an undisturbed condition or restored to such... The government must also set population objectives and identify threats to species survival and how these threats can be reduced through better management.

The federal government has incorporated some of the important ideas advanced by scientists. Under the recovery strategy, core habitat will be protected for about half the herds left in Canada. However, the strategy suffers from serious shortcomings. Many herds, deemed not to be self-sustaining, appear to have been written off to remove barriers to further industrial activities in their habitat, such as tar sands development in Alberta. Instead of protecting and restoring the remaining habitat of these herds, the government is proposing controversial band-aid measures.

Canada's official recovery strategy and supporting science show that if caribou are to survive, huge areas of the boreal will need to be protected, and we will have to embark on a more ecological approach to industrial development in those places that we exploit for timber and drill, frack and strip-mine for fossil fuels. Environmentalists and forestry companies are already attempting that by working together under the Canadian Boreal Forest Agreement.

The federal government's plans will help those herds that have been deemed self-sustaining, but they fall far short of what is necessary to ensure that dozens of herds won't perish. As such, it is a compromise that is too costly for caribou, and ultimately our own country, to bear. ◀

Written with contributions from David Suzuki Foundation Terrestrial Conservation and Science Program director **Faisal Moola** and biologist **Jeff Wells**.

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"Water is a cosmic matter" - Johann Grander

farms and Fraser sockeye returns.

Dill found strong evidence of lice from fish farms having affected Pink and other salmon in the Broughton Archipelago. He also found evidence of salmon farms in the Discovery Islands infecting nearby sockeye with the parasites. His findings, however, did not determine any evidence of “a direct harmful effect on Fraser sockeye.” But this doesn’t mean the evidence does not exist.

Things are equally vague with respect to salmon viruses and cancers.

For supporters of wild salmon, the worst-case scenario would be for Justice Bruce Cohen to simply recommend scientific studies to fill the gaps in understanding. This means the aquaculture industry would remain in the sockeye migration route until further notice. Why? Because governments, being rather unimaginative, are restrained by the quasi-religious authority of science. And when science doesn’t have an answer, it effectively sanctions inaction on the part of true believers. Sometimes, doing nothing may be a valid strategy, but in the case of the DFO, it means playing it safe to keep industrial interests happy and refusing to take risks on behalf of wild salmon. In the eyes of many, this defines DFO policy.

Our experience with water, disease, parasites, viruses, disinfectants, antibiotics, vaccines, predators, dead fish, feces, and rotting food – all part of the daily routine at an aquaculture site – informs our common sense. In turn, common sense tells us that fish farms must have some degree of negative impact on the dense and fluid marine

environment. To deal with a decline in wild salmon, possibly due to fish farms, and/or to climate change, overfishing, spawning stream contamination and so on, a common sense approach would suggest a process of elimination when empirical evidence is lacking. Get rid of the fish farms, and see what happens. If that doesn’t



Sometimes, doing nothing may be a valid strategy, but in the case of the DFO, it means playing it safe to keep industrial interests happy and refusing to take risks on behalf of wild salmon.

work, try something else. But will common sense prevail? Not likely. While it may be the sum total of a person’s intuition, life experience and foresight, common sense escapes the rigors of science and does not qualify as empirical fact. Until society evolves enough to allow our own creaturehood back into the decision-making process, “unscientific” guiding principles will not be allowed to inform policy regarding the environment. It’s like tying one arm behind your back.

Hope for the best

But there may be a glimmer of hope for the sockeye caught in our mind games. One way to move a contentious issue forward is by finding common ground – in this case, working with an existing rule that everyone accepts. Current regulations require fish farms to be sited no closer than one kilometre from the mouth of a significant salmon river. The logic behind that regulation could be extended to the waters around, and northwest of, the Discovery Islands. Less than a kilometre wide in many places, the narrow channels winding through the region are much like a river delta to the salmon finding their way to the open ocean. Extending the one kilometre rule to take into account the geography of BC would simply make things neat and consistent. Bureaucrats like that. For governments, expanding the reach of an existing rule is easier than creating a brand new one. Justice Cohen will likely know as much. If the DFO can’t take a common sense approach to science, it can surely take a common sense approach to management.

Let’s do it.

For information on the **Cohen Inquiry**, including detailed reports, transcripts and an opportunity to comment, visit www.cohencommission.ca

Peter Sircom Bromley is an independent researcher and multimedia producer. He has worked as a communications consultant for various NGOs, including the Sierra Club of Canada and the Rivershed Society of BC.

profits and it wants to keep it that way; it does not like any competition that challenges its domination. This is the collision course occurring between Big Pharma and natural health products and it’s a war. Natural health products and services work. Natural health’s popularity has grown across many sectors from organic foods to nutritional supplements. People stay well and get healthier by not taking synthetic drugs. Drug companies need more sick people to grow their customer base. (Read *Selling Sickness* by Alan Cassels or see commonground.ca/Archives and see Cassels’ monthly features).

Unless it owns them, Big Pharma doesn’t want natural remedies and medicines in the marketplace. Big multinational corporations can’t resist; they just want to control the market. It is the nature of the beast.

Why would governments do the bidding of large, wealthy corporations rather than fulfil the wishes of the people? Because rich companies can get their attention and contribute to their political campaigns or donate to their pet projects thus cementing the relationship between government and industry. There is a rotating door between government and industry and it is well oiled. They also share the same headspace; there is a groupthink. Many administrators are addicted to compliance and are obedient to “authority” while insensitive about and unaware of the damage they do. But whose authority is it?

What principles of common good and common

sense would limit Canadians’ access to natural products that make people healthier, happier and support their liberty to choose?

Well, professional confidence men have tricked government agents and ministers to believe, yes believe, that holistic natural medicine is somehow dangerous, somehow more dangerous than OTC or prescription-patented drugs such as Thalidomide (birth defects), Vioxx (death), Celebrex (death) and the government approved poisons that killed, yes killed tens of thousands of true-believer patients who trusted their MDs who believed the drug sales reps. Those same reps believed their bosses and those bosses worked for the largest lobbyists in the world – the very same drug and medical equipment manufacturers that control the government kingpins of the agencies that do their bidding.

Now their bidding is to kill off highly effective natural products that compete with their bestselling blockbuster drugs. They want more profits and the success of natural health products now threatens their supremacy. They want it all. They want to own both the cure and the search for the cure because it represents big money. So get rid of natural anti-depressants; get rid of natural heart healing herbs; get rid of powerful, anti-inflammatories; get rid of digestive enzymes; get rid of anything that casts a shadow on the huge profits Big Pharma is addicted to. Natural health is an inconvenient truth to Big Pharma so it lobbies government agencies to label the natural competition as unconven-

tional, create new regulations and do a witch hunt.

We have seen how big company CEOs have lied under oath. We have seen police officers perjure themselves in front of juries. We have seen politicians lie and attempt to smooth those lies over with spin. Governments lie. It’s a conflict of interest when they help Big Pharma rather than the citizens who voted them into office and pay the taxes that cover their salaries. We need to hold government agents accountable if they do not serve the public good and the public’s real natural health. It is time to set the record straight. This edition of *Common Ground* serves as a contribution to the dialogue that leads to the action that will protect natural health products.

It’s wise to use natural health products to stay healthy and maintain well being and balance. The majority of Canadians use natural health food and products on a regular basis so this is an issue that involves that vast majority of all Canadians.

There are far too many people dying from government approved tobacco and drugs and their side effects – 48,000 per year from tobacco alone. Conversely, there are very few, if any, from natural health products. Protect and support our native rights to natural health; it is up to all of us.

Human history becomes more and more a race between education and catastrophe.

– H. G. Wells



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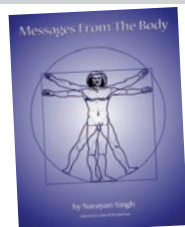


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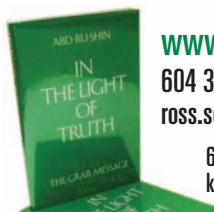
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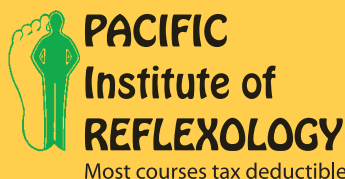
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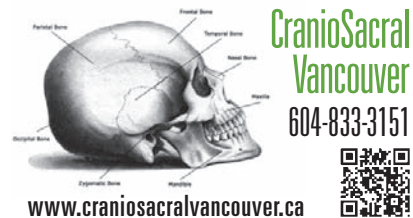
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"We can look at all that happens to us through the eye of our immortal soul... When we do so, events become like passing, fleeting clouds upon the backdrop of a clear, calm, and peaceful sky."

~ H.H. Sant Rajinder Singh Ji Maharaj

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— Lois Wyse



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Natural health stakeholders speak out against Health Canada

LETTERS

Stop this insanity

As a Canadian, I can choose to smoke and drink as much alcohol as I want as long as I do not drive. I can get as fat as I want on junk food to the point of becoming diabetic. I can eat GMO food that has no science for safety and use over the counter (OTC) drugs that kill Canadians every day. I can take physician-prescribed prescription drugs even though the side effects are often worse than the symptom. And I can buy chemical mixtures of artificial dyes, colours, flavours and pesticides, all claiming to be food.

So why is Health Canada threatening to limit my choice to take plant medicine or other natural supplements when they have a long safety record and 71 per cent of Canadians who use them realize they provide a vehicle to better health. That is the question I have yet to hear Health Canada answer. Sure, they spout safety of Canadians as their #1 concern, but that must not be true as I, as a Canadian, can use substances proven to cause illness and death, yet safe, effective plant medicine will be illegal.

It is time we take a stand for our health and the Health of future generations and stop this insanity. The core issue for me, as a Canadian, is my basic human right to choose my food and medicine.

— Deane Parkes, president Preferred Nutrition, www.pno.ca

Become aware

The comings, and the more noticeable goings, of popular products have affected everyone, leaving grassroots producers with the biggest pill to swallow. The larger companies have been forced to pull product or change formulas. Practitioners are unable to locate products upon which they've come to rely. And the public is suffering a foreign experience: the lack of supply to meet demand.

Healthcare is competitive. Medical appropriation of complementary and alternative medicine (CAM) is a palpable theme. The conventional medical system and pharmaceutical companies have institutional support to conduct product trials. Medically patented versions of NHPs are growing in number and far surpassing health industry brands in evidence.

Although expanding in total area, the pie has also increased its sum of stakeholders leaving smaller portions for each, resulting in rations. This classic market competition has resulted in the sceptics (federal government, pharmaceutical and medical fields) taking a big share, while concurrently claiming ownership. No doubt the industry is anxious.

We must not sit still and complain. Become aware of the changing situation. Perk up to the realities and work for access to therapeutic products, in safe forms.

— Millennia Lytle, ND, MPH, *The Big Carrot*, Toronto, www.thebigcarrot.ca

Illegal plant medicine

Our natural supplements are not dangerous. In fact, they save lives. If you believe in natural medicines, please stand up and protect them for our children. I believe in this industry and I believe 100 percent in the dedicated people working with NHFCanada. I feel our industry has to go through a revolution and our goal must be to wake up every Canadian. What is the cost of doing nothing versus taking a stand? Due to a media blackout, most consumers are completely unaware of the travesty going on; we must inform them and let them know we have solutions.

My dear friend and colleague Dr. Dahl ND has served the people by always providing safe, natural supplements to NDs across Canada, yet he may be facing two years in jail. This has been going on in the US for many years – innocent people like you and me serving 15-year jail sentences for selling and producing proven natural remedies that work.

Get behind our legal injunction at www.thenhfcanda.com and donate now. Support our political/public Campaign across Canada. For more information, please contact co-executive director Marilyn Nelson, 1-905-599-5885 or our media contact Dr. Rowland.

— Candace Hill, co-executive director NHFCanada, www.thenhfcanda.com

More VIFF



The Donald gets into the swing of bulldozing habitat in *You've Been Trumped*.

Celebrity tycoon Donald Trump lives up to his billing as a crass megalomaniac in *You've Been Trumped*. The documentary illustrates his bullyboy antics, as he bulldozes a sensitive coastal ecosystem in northeast Scotland to create a mega golf resort. The controversial project on Menie Estate, eight miles from Aberdeen, saw the Scottish government effectively write

off a protected environmental gem to reap highly questionable economic benefits. In this sometimes heart-warming and amusing David and Goliath story, it is astounding how much the government, local police force and authorities appear to collude with Trump in his campaign to force out long-time residents. Director Anthony Baxter's award-winning film appears to have already caused delays in the project. Sadly, much of the dam-

age to the dunes appears to be complete. (Screens at VIFF October 4, 6, 9.)


Will the Real Terrorist Please Stand Up (5, 7, 11) asks how the US can justify draconian jail sentences for five Cubans arrested for spying in Miami 13-years-ago when they were trying to prevent terrorist acts occurring in Cuba. Ever since CIA-trained Cuban exiles failed to topple Castro's revolutionary government in the Bay of Pigs 50 years ago,

they have bombed soft targets in the US such as journalists and political leaders. In 1976, they bombed a Cubana plane killing all 78 people on board.


Through candid interviews with aged, but still unrepentant, key exiles, Saul Landau highlights the double-standards at the heart of US relations with Cuba that allowed this violent brand of US-sponsored terrorism to go unchecked.

Ten years ago, it was widely publicized that minerals such as coltan and cassiterite – used in electronics, particularly cell phones – were funding violent militias in the Eastern Democratic Republic of Congo. The industry agreed it should address the issue, however, as Danish director Frank Piasecki Poulsen discovers in *Blood in the Mobile* (1, 8, 13), action has not been forthcoming. Poulsen discovers this the hard way, hiking into the lawless and remote Bisie Mine in the Walikale region of the DR Congo to capture vivid footage of teenage boys hacking away down ramshackle shafts. There's a strong sense of desperation and a fear of sudden violence in this part of the world, contrasted with the apparent insouciance of the phone company Nokia whose reps seem more concerned with tarnishing the corporation's shiny image than discussing the issue. *Blood in the Mobile* is sponsored by *Common Ground*.

Finally, *People of a Feather* (3, 5, 9) provides a fascinating insight into the lives of the people in the remote Hudson Bay community of Sanikiluaq and their relationship with the eider ducks that have traditionally provided them with warm feathers. Joel Heath's initial contact was as an ecologist investigating the death of the ducks en masse. Some seven years later, he has combined some stunning underwater footage of eider ducks diving to the seabed for food with time-lapse photography showing shifting patterns in the ice ecology, the harsh consequence (for the ducks) of a regional hydro development. A non-profit doc, made with the local community, this goes beyond natural history, with its hip-hop interlude and historical recreations.

VIFF continues until October 14. 

Robert Alstead made the Vancouver documentary **You Never Bike Alone** www.youneverbikealone.com
wwwHe writes at www.2020Vancouver.com




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...continued from pg. 14

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Naturally Nova Scotia Health Products: Certified organic, whole food supplements. www.naturallynovascotia.com

Natural Calm Canada: Magnesium Citrate supplements. www.naturalcalm.ca

Nature's Path Foods: Organic Breakfast Foods. www.naturespath.com

Nonuttin' Natural Foods: Allergy friendly/gluten free. www.nonuttin.com

NutraForme: Greens. www.CytoGreens.com

Ontario Pride Eggs: Oméga-3, Free Run. www.ontarioprideeggs.com

Pheylonian Production Kohr: Pure beeswax & bee Products: 100% pure beeswax candles and health care products. www.pheylonian.com

Prairie Naturals: Nutritional and fitness supplements and natural hair and body care products. www.prairienaturals.ca

Progressive Nutritional Therapies: Vitamins, minerals, phytonutrients, supplements, organic whole foods. www.progressivenutritional.com

Que Pasa: Mexican Foods. www.quepasafoods.com

Salt Spring Coffee: Organic, fair trade coffee. www.saltspringcoffee.com

Scentuals Body Care: BC Made Organic & Natural Skin and body care. www.scentualsbodycare.com

SISU: Vitamins & Supplements. www.sisu.com

Sólas Naturals: Candles, Soaps, Scrubs, Body&Lip Balms. www.solasnaturals.com

Suede Hills Organic Farm (Cert. Org.): Green stevia, alfalfa, oliveleaf, teas, pH HappyCaps. www.suedeHills.com

Sunrise Soya Foods: Soy products. www.sunrise-soya.com

Superior Tofu: Soy Products. www.superiortofu.com

Wedderspoon Organic: Organic honey-based products. www.wedderspoon.ca/shop/home.php 



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OCT 9

J. Krishnamurti Exploring the Essence and Nature of Love. Free DVD showing, dialogue, refreshments. Board Breakout Room, 7th Floor, Vancouver Public Library, 2PM.
aleyona@hotmail.ca 604-354-1534.

OCT 11-NOV 15

Exploration in World Religions: On six Tuesday evenings, leaders from eight religious traditions respond to six key questions of human meaning and experience: How did it all begin? Why am I here? Where are we going? Who am I travelling with? What can we make of suffering? What happens at the end? 7-9pm at St. Andrew's-Wesley United Church, Nelson & Burrard. By donation. Details: standrewswesleychurch.bc.ca (This project is made possible through funding from the Government of Canada and the Province of British Columbia).

OCT 13

Celebrate & raise funds for an ancient Mexican tribe: The Wixarika. Gathering marks the recent success in raising awareness, and stopping a Vancouver-based mining group from destroying their ceremonial centres and sacred land in the Wirikuta desert, at least until 2014. Authentic MEXICAN food and DANCE PARTY! Thurs, Oct 13 at 8pm. Anza Club, 3 West 8th Ave. Search Wirikuta Pilgrimage Aid on Facebook

OCT 14-16

Bi-annual convention of the Canadian Peace

Alliance: Ryerson Student Centre, 55 Gould St., Toronto. Facebook: <http://on.fb.me/CPA11>, www.acp-cpa.ca/en/Convention2011.html
Organized by the Canadian Peace Alliance. Hosted by the Ryerson Students' Union and the Toronto Coalition to Stop the War.

OCT 14-16

Advanced Reflexology: Clinical Skills Certificate Weekend Training Course. Course \$395 + HST. Pacific Institute of Reflexology 604-875-8818, www.pacificreflexology.com

OCT 14-16

Formulating, Dispensing, and Dosing: an Herbal Medicine Weekend Workshop with Chanchal Cabrera, MSc. Getting started and being safe using herbs. Individual consultations also available. Register today, 250-336-8767, www.chanchalcabrera.com

OCT 15

Addiction Unplugged: For partners, parents, loved ones, family members and all those struggling with addictive behaviours. Centre for Peace, 1825 W.16th, 1-6pm \$100
www.livingyourtruth.ca 778-686-7616.

OCT 21-23

"Creating a New Earth": a retreat including Eckhart Tolle's recent spiritual teachings & pointers; www.swanwickcentre.ca/ 250-744-3354 (Victoria).

OCT 23

Discover Your Goddess Archetype: A Shamanic Workshop for Women. Shamanic journeying, gentle yoga, dance, & more! With Shamanic Practitioners Christina Niven (www.soulspringwellness.ca) & Sonya Weir (www.eaglefireshamaniccoaching.com) 10-5:00 PM, \$100, at the Pacific Institute of Reflexology, Vancouver. Email sonyaweir@uniserve.com to register or call 778-227-2939.

OCT 23

New Call Spreading From Arab Squares to the Streets of North America. Great Teachers return to assist humanity. Join us to consider the possibilities of a brighter future. FREE. 2-4 pm, Roundhouse Community Centre (Pacific @ Davie). 604.983.0926.

OCT 23-28

Face Anxiety and Stress: Transform Your Life. With Sandey McCartney & David Raithby. Lectures, dialogue, hands-on & more. At The Haven on Gabriola Island. www.haven.ca To register, call 1-877-247-9238, ext. 1 or email register@haven.ca

OCT 27-30

Heart of Sacred Activism with Andrew Harvey: A 4-day serious celebration of comPassion in Action. Oct. 27: Banyen Books, 6:30PM. Oct. 28: Rumi Temple Night, 7PM - A FUNdraiser for "Towards Eden," a sustainable festival. Oct. 29/30: Heart Yoga, with Andrew & Karuna 10-5PM each day.
More info: www.innersanctuary.ca

OCT 28-30

Basic Holistic Ear Reflexology Certificate Weekend Training Course, \$350 + HST. Pacific Institute of Reflexology 604-875-8818, www.pacificreflexology.com

OCT 29-30

Vancouver Health Show: Vancouver Convention Centre, Canada Place. Sat:10AM-6PM; Sun: 11AM-5PM. Over 100 exhibitors with cutting edge health products & info. Featuring Tommy Europe! www.thehealthshows.com

NOV 3 & 12-15

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lecture, Nov 3. In Vancouver Nov 12-13 she will be teaching Level I/II Seminar. Nov 13-14, Level III Seminar taught by The Reconnection Team. Register: www.TheReconnection.com / 1-323-960-0012.

NOV 4

11th Annual World Kindness Concert: Centre for Performing Arts, 777 Homer St. Doors 7PM, show 8PM. Early bird special until Oct. 4. Info/tickets www.worldkindnessconcert.com

NOV 4-6

Vancouver Yoga Conference and Show: 3 full days, 90 exhibitors, 100 workshops, 21 master teachers. Vancouver Convention Centre. Register vancouver.yogashow.com

NOV 19-20

Healing Touch 1, Vancouver: Experiential hands on healing, willingness, prevention, \$370, www.healingtouchprogram.com Register Betty-therapeuticbalancing@gmail.com

FEB 3-4, 2012

Judith Lasater, internationally renowned yoga teacher/therapist. Vancouver workshop: SI Joint and Lumbar Spine in Asana. Early registration advised. www.soulspringwellness.ca

SUNDAYS

Centre for Spiritual Living: Join us every Sunday @ 9:15 AM & 11 AM for practical spirituality with great music. Meditation: 10:15 AM. 1880 Triumph Street, Suite 8 (at Victoria Drive), Vancouver. Info: 604-321-1225, www.cslvancouver.com

SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

TUESDAYS

Reflexology Student Clinic 6-10pm. One-hour sessions \$20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

ONGOING

Raja Yoga Meditation: free of charge because it's priceless. 604-436-4795, vancouver@ca.bkwsu.org

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The Work of
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Sunday, Oct 16

Free at Banyen 11:30-1:00

Michael Waters
Acoustic Psychedelic
Chill, CD launch

Sat, Oct 22

7:30pm Venue TBA



Susan Piver
Wisdom of a Broken Heart

Tues, Oct 25

6:30-8pm

free talk & signing
at Banyen



New York Times bestselling author & meditation instructor will be talking on how to transform heartbreak into wisdom & compassion. Piver will also be at: hollyhock.ca



Andrew Harvey:
Sacred Activism

Thur, Oct 27

6:30-8pm

Ayurveda (next to Banyen)

\$10 suggested donation

More Andrew Harvey Events: Oct 28-30

Read More at banyen.com

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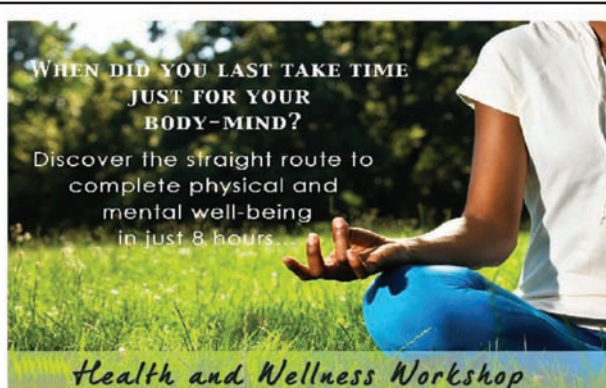


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Saturday

October 29th

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Kindness Concert a heart opener

Can small acts of kindness change the world? According to the organizers of the 2011 World Kindness Concert they can.

When Brock Tully envisioned the World Kindness Concert more than a decade ago, he imagined people coming together, with open hearts and a passion to change the way we live and celebrate the human journey. Eleven years later, the annual World Kindness Concert continues to grow and has become the catalyst for thousands of people seeking to create a kinder, more compassionate planet.

After a cycling expedition across North America, which Tully refers to as “the journey back to his heart,” Tully was inspired to commit himself to kindness. “I was concerned with how disconnected and violent society had become,” he says. “The vision for the World Kindness Concert was to raise awareness and to inspire the active practice of kindness.” According to Tully, society at large underestimates the power of a kind act.

“Single acts of kindness, a smile, a compliment or offering a helping hand to a neighbour all have the potential to grow roots and blossom into something spectacular. It is so easy and simple to be kind,” Tully says. “You don’t need money; you only need an open heart or

a desire to open your heart. Both the musicians and the audience tell us they feel their energy rise to a joyful and peaceful state during this event. It is wonderful.”

Research has proven acts of kindness have a positive effect on the immune system, the mind and on the production of serotonin, which is known to regulate our mood, appetite and sleep, and which also supports cognitive functions. From this perspective, being kind is a healthy choice.

Jonas Falle, concert producer and CEO of Vancouver-based Moon Coin Productions, describes Brock Tully as “incredibly inspirational,” adding, “the World Kindness Concert is one of the most important events that our company supports. The opportunity to be involved with an event that will bring light into the world and create positive vibrations around the planet is very gratifying. This is more than a concert. It is a global movement towards finding solutions that will eliminate violence and create a kinder, safer world.”

According to Falle, “people want to make a difference; they just don’t know where to start... during the concert, we will provide suggestions and put out calls-to-action to help people start to become the change they seek.”

An important objective of the concert is to make it affordable for people to attend; ticket prices are remark-

ably low, starting at just \$37. Any surplus from ticket sales is re-invested into initiatives that help foster kindness, awareness and compassion, including the anti-bullying and youth empowerment program Kindness ROCKS. (www.kindnessrocks.net)

In addition to being inspired to create a kinder world, concertgoers will be treated to an extraordinary line-up of talent, including Juno award winner and BC Entertainment Hall of Fame inductee Shari Ulrich, pop-music sensation Dirty Radio, Canadian singer and TV host Michael Vincent, the world renowned ABBA stage show ABRA Cadabra and many more.

“There is a shift taking place in the world and within all of us,” Tully says.

“We are waking up to the possibilities of what we can be as individuals and as citizens of the planet. The time to unite people and inspire human connectivity in positive ways is now. We hope that this year’s World Kindness Concert in Vancouver does just that.” ◀

November 4, 2011

World Kindness Concert, Centre for Performing Arts, Vancouver. Tickets at www.checkoutmytickets.com. The concert will also be streamed live on-line. More info at www.worldkindnessconcert.com



WAKING the GREEN TIGER
 喚醒綠色虎

“Crisp storytelling, astounding archival research and unique access to a genuinely inspiring moment in history.”
 Mark Achbar, Director
The Corporation

Seen through the eyes of activists, farmers, and journalists, *Waking the Green Tiger* follows an extraordinary campaign to stop a huge dam project on the upper Yangtze river in southwestern China. The green movement they trigger has the potential to transform China.

Featuring astonishing archival footage never seen outside China and interviews with witnesses, the documentary also tells the history of Chairman Mao's War Against Nature that ushered in decades of environmental destruction.

World Premiere
 Vancouver International Film Festival
 Granville 7 Theatre
 Saturday October 1 at 1:15 pm
 Friday October 7 at 9:30 pm
 Tuesday October 11 at 12:20 pm
www.facetofacemedia.ca

“Gary Marcuse's stirring documentary celebrates the brave souls at the forefront of China's new revolution.”
 Vancouver International Film Festival

A production of Face to Face media. Developed in association with CBC and BC Film; produced with the participation of Rogers Documentary Fund, Danish Broadcasting Corporation, Canada Media Fund, The Canadian Film or Video Production Tax Credit, The Province of British Columbia Film Incentive BC. Produced in association with the Canadian Broadcasting Corporation.



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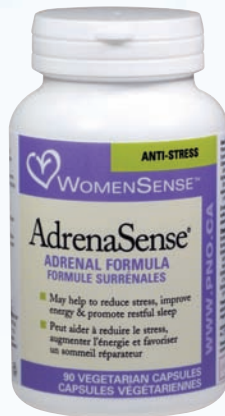
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Hormone Health *for* Women

Support your adrenal glands....

Chronic stress can lead to adrenal fatigue with symptoms including cravings, fatigue, poor sleep, irritability, dizziness and more. Adrenal fatigue can also make it more difficult to deal with the hormone fluctuations associated with menopause and peri-menopause.

AdrenaSense® is an adrenal gland supporting formula with natural ingredients to help reduce stress, improve energy and promote restful sleep.



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Reduce Your Hot Flashes and Night Sweats!

Menopause is defined as the end of menstruation. The average age for menopause is 51, but it can happen at any time between the ages of 45 and 55. The 10 to 15 years leading up to menopause (one year without a period) are called peri-menopause.

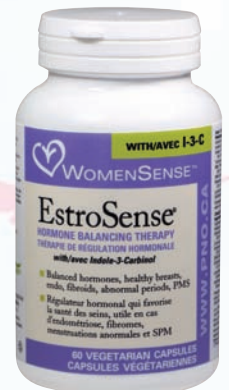
MenoSense® is recommended by Health Professionals and contains natural ingredients to restore balance quickly and relieve hot flashes, night sweats and other symptoms that are making you miserable.



PMS? Bloating? Acne? Moody? Heavy, Painful Periods?

Healthy hormonal balance is essential for a woman's quality of life. **Up to 80% of all women are estimated to experience mild to severe symptoms of PMS during their reproductive years.** One of the most prominent causes of PMS and hormone imbalance related symptoms is excessive estrogen exposure from estrogens that are made inside the body and estrogens from outside the body including the birth control pill, pesticides and other environmental toxins. This is most often referred to as **Estrogen Dominance**.

Resist **Estrogen Dominance** with **EstroSense®**, a complete natural formula that helps your liver break down toxic or excess estrogen and relieve the symptoms of estrogen dominance.



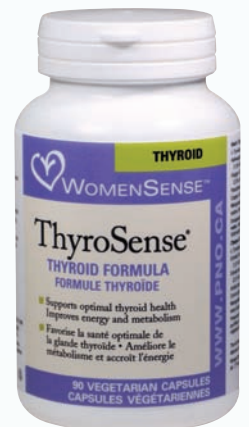
 **WOMENSENSE™** Recommended by
Health Professionals



Dr. Marita Schauch
NATUROPATHIC DOCTOR

...and don't forget your Thyroid!

It is common for women to develop thyroid conditions (over or under activity). Low thyroid is the most common and affects up to 25% of North American women. If you are tired, gaining weight, have cold hands and feet, hair loss, dry hair or skin and insomnia, consider low thyroid. Clinically low thyroid, as confirmed by your doctor, requires prescription medication. However, if your tests come back normal and you are still experiencing symptoms you can support your thyroid with **ThyroSense®**, containing natural ingredients to help promote normal thyroid function and reduce the symptoms of low thyroid.



Available at your local Health Food Store or go to **PNO.CA** to find a store near you.

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Beyond Pain Relief

If pain is the problem, RECOVERY is a potent solution that targets the root causes of the pain. By inhibiting damage to cells, curbing inflammation, relaxing tension and increasing a cell's ability to receive hormones, RECOVERY often brings results far beyond expectations.

Proof is in the results.



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